

"In this book is the essence of
my mature thought & experience
more valuable to me than all
other expression."

The Art will take care of
itself."

Only The CREATIVE man
is The HAPPY man.

only The HAPPY man
is The VIRTUOUS man.

and only The VIRTUOUS man
is FREE

THERE IS NO PATH TO TRUTH

August 1955.

At the age of 45 - after surviving various crises - one of which was of unmitigated seriousness - I realized that the supposed improvements within my nature were of no avail. The old difficulty & evil recurred from the unconscious with all its absolute virulence - always unexpectedly from the unconscious where it lived in strength due to the opposition & condemnations of the conscious mind -

all the achievement patterns of a life-time were crumbling and ready to break - all relationships - including that with my mother and the consummation of my art work - all this would have been brought down to total disaster.

Life would only have been possible in total isolation or continual escape and substitution, bringing sorrow to those who loved me, and spiritual and perhaps physical death to myself.

(over)

How was I saved at the eleventh hour -
By what grace did Krishnamurti
open my eyes - and how did
the interview occur. I asked ~~for~~
for it - to be sure - but the
need was felt more or less
obscurely. I felt the usual
inertia - the unconscious
directed me. Suppose the
occasion had been impossible.
How did this moment occur?

Is inner necessity a kind
of destiny. Knock & it shall
be opened unto you -

Do chance & flounder also
play a creative part -

It is what one makes of
inherent chance that
counts. Chance in itself
is nothing creatively,

unless the dynamism of the factors
accompanying it exert their
latent possibilities. The mystery
of life & its workings is still
hidden from me. Though now
I see the goal clearly. But I
feel that unives necessity
governs even chance - which
is the adventure of life for
its own sake. The whale's skull
has no reason except to be
a whale's skull. It is a
development for its own sake -
an adventure - an idea - but
it is limited in a way if
there is not perfect freedom -
And there is no perfect
freedom in a whale's skull.
It is perfect in itself but
not in the whole. It is
a limited fragment, only

man can perhaps achieve
perfect freedom + conscious
union with god. The whole
purpose of human life is
Spiritual realization -

TO KNOW THE TRUTH
and

BE FREE

So how was I brought to see
at last - after much struggle -
yet I could not have seen
without help. The push or
'shove' that put me over
was a pure gift from
another who was possessed
of life and the compassionate
love that belongs to Grace
& Truth. It is was the
gift of life to one who
struggled. Now I cannot fail -
There is no separation. It is the
Truth alone that moves us to love -
Thus we go on alone to the divine goal of all -

Inter relation - dependence - & ultimate freedom.
Dependence is not relation in the best
sense. It precedes true relationships
& freedom. Ultimate freedom is
capacity for pure action - This
brings a new kind of relationships
acting from no self-center.
So the person guiding is careful
to avoid exploitation &
dependence. A teacher must be
free - free himself with the
student - never create authority -

INTEGRATION

Life presents a certain no. of possibilities -
(Simultaneous?) (finite-infinite?) Therein
lies the chance element in forming new
combinations. The materials are there -
Somewhat contingent on circumstances
of Time and space (finite-fatal) but
entirely infinite in what can be made
of the challenge which is ever new
and alive - Can, or is it desirable, that
the same results from pt. of view
of highest potentiality - be possible to
all at all times? And if not
it is simply the right direction
that remains ever-important. Nor
does one deny nor judge
unique variations - provided they
are creatively produced - there is
really no comparison - only uniqueness.
To develop this uniqueness is to create
the new. A material safeguard of
divine nature against repetition
and uniformity. Now, what one
makes of a challenge is of a
durable nature or not according

to the depth of the response. If the response
~~challenge~~ is total it equals the
challenge - & a state of
freedom results - Through this
way the self may be revealed,
& the eternal found and discovered -
Truth is in all things - or
rather Truth is in the relationship
of man to all things -

Thus any experience can lead
to Truth if one goes to
the root of it. A partial
response prolongs a state
of bondage and isolation.

1955

"Religion is very deep psychology -"
Rajagopal

The new freedom of the mind man
The new religious awareness
The new psychology - in a complete sense
as evinced in the presence of
J. Krishna murti.

Thanks to him There is a
swift direct path to the
mountain top -

'Come with me O Friend
and I will show you the way'

Goodness is beyond genius - it is all.
genius may be accident or
even divine mutation, but the
whole is more than ~~even~~ this.

"Truth is a pathless land
There is no path to truth"
It must come to you when
through self-knowledge - impediments are removed.

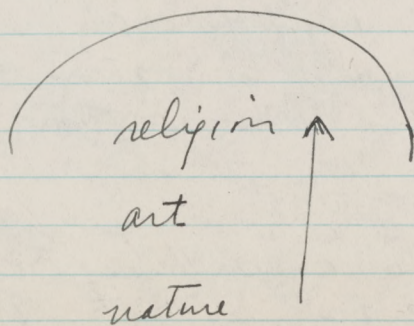
The discovery of the mind-self
and the way of its discovery
is the great contribution of Krishnamurti.

" only the creature man 1
is the happy man
only the happy man 2
is the virtuous man
and only the virtuous man 3
is free. 4

Freud-Jung etc. are mere satellites
still within the frame of the mind -
With Krishnamurti the new key to the
mind is the new awareness of Love = religion
The central newness of this
teaching is the
staying with the
mind

without acceptance
justification
or condemnation

in other words, The discovery of the mind-self -
the latter is particularly difficult



1 problem as outer manipulation

2 mind - motive - that produces
so called problem is
the real problem -

= false action of the mind-self

= aggressive pursuit =

= escape from emptiness -

= separate self -

apart from this there is
no problem -

3

To see the truth of this
& the mind to remain
with itself without
condemnation or distraction
of any kind brings the
conditioned mind state to
an end & the new =
truth - the unknown pervades
the being of the now true
individual - & that
brings its own action.

he may be said to always say
the same thing - Truth cannot
be accumulated & it does
not continue.

Aloneness is not the escape to the
luxury of loneliness (with the
sea etc.) but is true
fullness within - all desire
is quieted as one is in that
state. even to be in the
presence of the Teacher -
He does not exist separate
from this state.

True freedom once attained
is absolutely indestructible &
incorruptible. If
momentarily upset it is
quickly regained without fear
It is only escape that creates
fear -

When the flame of love is -
Thought is not.

The excitement of the still mind
the peace of the still mind
all other considerations are
vain empty & useless.

He draws people through love
unifies them in Quality and removes
the ache of their self-isolation.
To hold back one bit of love is a
crime. That accounts for how he
looks at all the people.
central truth -

Thinking is the smoke of the
conditioned mind consuming itself -
wasting its energy.

The experience of truth is the only
basis for true expression.
All else is decoration - speculation -
imagination.

only self-awareness with total
attention is the gate to the Real.

Energy is required to maintain the
state of awareness which is
stillness in movement - neither
negative nor positive. This energy
is constantly renewed as a result
of the state of awareness -

The problem is in the mind - in
the deepest reaches. There is no
problem outside this - i.e. the
mind-self which must become aware of its action in time.

As the gulfs of the mind open
into deeper + deeper pits
+ abysses -

Emerge -

one has to be prepared for
that -

be not discouraged,

go into them with interest
+ without condemnation -
It is the free enlightened
happy effortless way -

go cheerfully - and a
new freedom clarity + joy
will come -

if one can escape the
pit of sorrow of + for
the self - ^{rather} one does
not escape - it is not
necessary - there is no
longer / sorrow -

"for the former things are
passed away" -
there is only light -

Meditation is purgation of the mind in that as the mind becomes intimately aware of its own pursuits & occupations without acceptance - justification or condemnation - it is freed of these & the new state comes into being. The state of reality or love. The creative state which can only enter when there is that emptiness of the mind being not "occupied" with anything.

There is no superior or inferior.
Love creates its own action

Whereas with a great artist we say he has unity or always says the same thing - it is because he has held one facet of the truth & imitates it. Whereas with Krishna murti if he endlessly elaborates the same thing or arrives at it from different angles & from different problems it is because there is only one thing - love - & one reality. Though this is mobile & never the same & to & from it all things lead. So

Truth is - and eternal.

It comes to you - or is apprehended
when all impediments of the mind are
dissolved & the mind can be it - it
Then it the immortal

The treasure - the bliss

Meditation.

self-knowledge -

If I consider the other I
cannot enter in -

questions are answered almost
simultaneously as they arise -

Something is operating here
that was not there before -

The freed mind - truth -
(not the conditioned mind
or intellect -) but
True intelligence -

2
Form seems to be as
important as force.

Since realization only comes
Through experiencing, and
The forms Life takes alter
~~The~~ Its' character &
introduce new possibilities
of experiencing — The
unity of Life may
be taken for granted.

P.T.O.

" The dynamics of life
seem to preclude a
continuing state of matter,
self-exhausting and
leading to a neutral
condition. In order to
forcefully & eternally renew
^{itself} the dynamic fact of ~~change~~
~~death~~, change seems
to be built into the life
process. This gives rise
to a rhythm which has
more than a single
significance.

P.T.D.

The sacred state is ever -
renewing. it cannot be
continued.

The experience of God is a fact.
God is also Bliss i.e. love
but not words

from which expression can flow
simply. it creates its own
technique - any expression
that flows from any other
source is incomplete.

Technique as a means of
creating new ^{forms} ideas is
limited - as the ideas
will be limited - only
elaboration will result.

Truth is radical

The problem is in the mind - in
the deepest reaches. The "I" is the self.
The problem as a thing does not exist
& has no answer -

This true action brings confidence
not not the false action of
imposition - nor yet its
opposite suppression -

but a totally diff. state
from which only

true relationship is
possible -

He - in the true understanding
of his ideas has the
capacity to make a

person completely new -

undefiled by the past

which is completely dead.

The least idle speculation or
wandering of thought is a lazy
waste of energy + a sin
against the creative reality -

which = intensity - This must
be the true meaning of intensity - i.e.
awakeness - the mind awake to
itself + capable of constant perception
of the true - the new - creativity
in which the mind is that.

To shed burdens - not to accumulate.
to be free & light to reach
great heights. He has set
me the first step on the way

quiet is contentment

The unspeakable Love that has
no particular object - in
which all can share fully -
men & women & creatures &
the world without
attachment, envy or
possession - Indeed this
would lead to a new
Society & Culture - a
new world - to be part of
this creation taking place is
is the highest privilege &
adventure of our time -
The highest life - It is.

To follow one problem to the root
is to bring about the complete
transformation of love. For one
problem followed to the root -
will reveal the self to the mind -
The False.

The false is death in that it
is outside life - an illusion -
it must die for Truth to be.

Ending + death can be - are -
utterly creative in the right
sense -

The false is death in that it
prevents life + is a barrier
to life.

The only true + \therefore possible state is
the state of awareness in
which the false is perceived as
the false - (motives - deceptions -
illusions etc.) + thus ends
dies - disappears - + \therefore the
True can be that is -

reality creative life in
which there is no death -

Energy

Fatigue etc. only aggravates what is there - the self - when this is absent health comes in + energy - notice people in old age - + reactions of various kinds.

The steady mind + energy -

an unoccupied mind has enormous energy + is free to Enquire into reality - This freedom + energy is necessary to find truth - It constantly renews it self -

Certain things of the self - keep regrowing like a nail - + cause recrystallization + shock. Only fundamental freedom from all illusion can prevent this. Habits tend to reform. One must be totally free of habit -

The enormous energy required is a factor + very arduous - Such a state may be without effort in its functioning, but to maintain it requires energy + is arduous -

The steady mind is a clear mind / to the root - + no root - free to Enquire -

Intensity + energy - great + necessary factor -
The awakened state ~~both~~ demands + brings
more energy.

To keep awake under one's
own steam is the way -
but naturally it is
helpful to talk + learn
from the Teacher -

The religious man has
no religion. He is
uncertain + vulnerable
to the unknown - he
engines + then perhaps
is able to use his
realization usefully
= technique in
the highest sense.

To grow in goodness +
love is the base of all.

one of the terms of life is the expenditure of energy.

Energy + understanding
are the 2 basic factors!

Now see why there is any life at all - It is an infinite creative adventure to be lived.

acting = any move of the self to be what it is not - or to. Crane to be what there is no (moral) necessity of being i.e. to be at all (in the aggressive sense).

Life is then a play.

Life the play - is still a play.

But there is Life

When that is true there is

no play
This is the meaning of acting.

Does it surge to show
idea of catharsis -
Follow not
To be something other than
what is -

The unoccupied mind is in a sacred state, because to be truly unoccupied - & not just refusing distractions or falsely concentrated - to be truly unoccupied then means that the mind has understood itself completely in all its layers; and is thus naturally & voluntarily still through understanding. This creative death of the mind's activities allows reality or the state of love which is ever new to come into being.

This is the great discovery of Krishnamurti.

It is good to slow down the rapid activity of the mind and to remain with it - thus these activities reveal themselves without effort.

Cessation in life as
in art - not just a
stopping of an incomplete
series - but a
consummation -

The sea pauses a moment
before it resumes.

Death a complete cessation
before the unknown

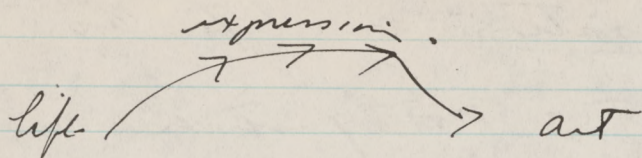
Life

Memory.

I do not know -

The still mind is not
actively seeking -
Comes the Real -

To Art →



problem of energy & complete
attention - an artist

cannot perhaps attend
to life completely - in
this sense - if anything
such as art is practised.

on the other hand mere
expression is not necessarily
art. c. f. Rajagopal
& Grandma Moses.

Art is also form - & form
in art while it is
content - also has a
life of its own -

Art then, is an occupation
& a pursuit like all the
rest, & as an expression
would only have validity
if the mind that produced
it - it was occupied

with it had also its
empty space to receive the truth -

Here the sphere of speech
not be truly beautiful
in the highest sense if

the source were not pure &
free. The autonomy I
from I have just
mentioned is therefore not
a complete autonomy -
& hence not an autonomy
at all - ultimately.

It only has autonomy within
the medium - art as
physical medium ^{expression} & it is well
not to be confused on this point

To grow in goodness & love
is the only true joy, &
worthy goal of life -

The only thing worth while -
in which all else is founded
must be founded to
be valid & healthful -
Same & normal -
no adm. of genius
Can make up for it -

To be every thing (the whole) is
extremely difficult, & it is
perhaps not possible to
any one. Thus can one
be a great artist (working
in material) & achieve
total spiritual liberation -
A vice versa - ?

The major chord -
The minors are good by what is implicit
The major is explicit - The whole -
& so the most difficult - more complex

flash of intuition - perception
(instantaneous - a perception
not of the mind but of a
free & true consciousness
usually comes about through
contrast with false activity.
could be realized as a true
("lasting") state through
continuous arduous awareness
of the movements of self-
consciousness -

would then take the sting &
aggressive drive out of activity
& liberate action for
truer - deeper - more creative
sources.

reward & result are of course
negligible - to be nothing -
but whether the art activity
would stop entirely or

simply function differently
The element of movement
in life implies new
forms - to cease & be still
or move is irrelevant -
a false question.

Art forms in themselves
are fixed however. The
only movement they possess
comes from the degree
of inner understanding
they exhibit - but
made manifest in
form -

It is possible that even in life as in art
form moves by its own necessity toward
its own liberty, and draws, drags
or creates its own ministrants
& manifestations in order to create
this new liberty which is the
truth creatively working upon its way.

c. f.

The great discoveries of the energy of the atom, which is called boundless in its possible results, & the infinitely greater discovery of the mind, which is the most colossal discovery of all time, & which is indeed inevitable in its potentiality for the future - & more important for the eternal now. So that truth & freedom can enter the mind at last, & this strange mystery take place in which the mind is passively - actively - God.

Once one has looked within, felt & tasted the mind - what a strange organic creature it is - with its web of sentiments giving tissues & its infinite depth below the surface - it is capable naturally of knowing all its own relationships & their results - both material & non-material - the conscious mind cannot do this alone - it is such a slight superficial layer

It is not wise or creative to compare. This destroys uniqueness. However, one can have one's eyes opened to certain possibilities through contact with greatness in art - one can observe -

There is development in art - [K.K.] talks to ^{awaken} ~~not~~

There is also the new - the fresh
+ the death + overthrow of the old -

but to awaken only so that one can proceed alone - on one's own feet.

In art subject (religious etc.)
is less important than
the formal solution -
which is form per se -

but conversely form without
significant content is
useless to the spirit -

Therefore the greatest spiritual
insight will raise the
artist above others -
regardless of technique -
and a great subject
greatly treated - full of
psychological significance
is a great thing - albeit
only an illustration -

and a great insight
will ennoble the
simplest object.

See top of page: It is perhaps useful
to see a great work - to see beyond
where one is - so that enquiry starts -

In pure spirituality
art as a pursuit ceases -
Thought expression may occur -
technique comes from within
and the way is the way
of return or stillness & void.

There is no conflict - it is
simply a question of seeing.
Even though one does not
compare there is the sight
of something great?

To be a great artist one must
be detached, abstract - serene,
(Though feeling intensely)
master of the principles of
design and their effects on
man -

Do not confuse the arts - nor
(although spirituality
underlies the arts &
conditions or frees them - or
rather man's relationship to
them) the arts with religion.
There is no conflict. It is
a question of seeing -

The particular is a
spring board for
realization of the
essence - then all
need of particularity ceases.

But Things do not
become formless or
undifferentiated -

They are seen as
creation by the Source

Dematerialization is the great way. He who penetrates to the essence of life creates life - meaning - God himself.

However turn for the materialization of vision & understanding in form is also necessary.

There are 2 directions -
out & back - they are equally necessary but ~~without~~ back. There is no out. Multiple dimensions may be a new form - more complete & dynamically infinite of this?

Void & fullness are the same?

There is no Krishna murti.
There is only a state of eternal vigilance - All sparks from this track vanish - They merely lend a glow & reveal the track of Truth.

There is no separate
entity - the me.
There is only Thought
in constant movement.

This Thought splits itself
to create the me.
an illusion of
separateness for the
purpose of permanence
+ possession.

The only way to enquire
is to be free to enquire
unimportantly with
interest, + without
the bias of the self.

To live wholly + completely
alive all the time in
the moment + not
just when doing
creative work. Do not
use the latter for
a sense of aliveness.
as a stimulus.

The small moments that prepare are quite
equal to ~~the~~ great moments of realization.
This is the ~~true~~ meaning of creative
work for its own sake.

The question of the experiencing of
sex sensation before arduous
creative work. Did this
imply a transfer or sublimation
of some sort?

Will these sensations disappear
now that there is an
integrated state.

Watch the mind
watch sensation.

The physical origins -
what are they?

The answer may be in the mind
that can create sensation.

There are many deceptive
happinesses & elations of
the self. Just watch all
the time.

Face & live every thing. It is
the way of bliss.

When I was a child I felt I could attain the freedom + power of genius; but I saw at the same moment that the bundle of qualities known as Jean Kellogg, and all that that implied of the separate conditioned entity, stood in my way.

I was helpless to dislodge this situation until I met J. Krishnamurti. all other changes + influences have been secondary. It was he who finally enabled me to free myself from the trap - His ^{divine wisdom} compassion + moral insight being beyond anything I have known. Others have helped me with my art + in many ways "developed" me - but I finally came to see the futility of improvement as a time process - + all is as nothing compared to this radical change - timeless + instantaneous - It has been the central thread of my life affecting all other relationships. This is indeed a gift from God - which cannot be equalled nor returned -

It creates itself in us.

So, ^{only} it can be said that we create
The new - not my will
but thine. We create
The new only in so far
as, the self being
inactive, the new can
come to us - uninvited,
unbidden.

Into the empty vessel -
(but still a vessel - no
matter how thin-walled)
flows the all pervading
truth of the universe -

Then perhaps the
vessel disappears &
the nameless occurs -

with fusion or not-fusion

self. 'All times are critical'. You have to be intensely alert all the time, or you will be caught by the unexpected swift movement of life - swift as lightning. However, you will respond according to your conditioning + if there is love there will be understanding compassion + forgiveness.

Tact - wisdom + Thoughtfulness slowly step by step to find out the false + the true.

I lay with my mind in the night, embraced it like a lover - saw the little slow squirming movement of condemnation + was still. It was extraordinarily fascinating + wonderful, +
Then I was free

True intelligence is sharp mobile - quick - subtle - light - alert - like the movements of a young killer.

The quality of my love
was changed from
aggressive pursuit to
true love which is
self-less - neither
personal nor impersonal
as it approaches the
divine.

& This through contact
with the truth.

Thus one is free of all
experience.

See Focillon

What is unique to art is
form - It is perhaps
not only content but
form itself which is alive
& which goes forever
forward from by its own
necessity toward its
own liberty - (Focillon)

The material with which the
artist deals is alive - ~~the~~
~~can not~~

life is form & form is the
modality of life -

The new forms are more than
the experience or the
experiences -

Is it more, then than mere
memory or symbol? or the
wanting more of a thing - It can be

a true expression -

"out of the fullness"

& thus it enriches the world

Pure being would leave
no trace at all -

as the experience would
die a total death
almost instantly -

So would Krishnamurti
say now that he was
an artist in life?

Probably not!

E. W.-

"Transition movements
are the ~~best~~ strongest."

Is a work of art fixed by
its nature? Yes-

but form is not fixed-
it moves.

'The comprehension in of consciousness
expressed by the 'feeling-
thought' + manifested in
created forms is art.'

Best regard

To speak of these things + to try to understand
their nature +, having understood it, to try
slowly + humbly + constantly to press out
again, from the gross earth what it brings
forth, from sound + shape + color, which are
the prison gates of our soul, an image of
beauty we have come to understand -
that is art.

James Joyce
portrait of the artist
H. G. Youngman

Some expression is healthful
however. He goes about
speaking & is fairly active.
Expression in itself is
not wrong - its is its

source & quality that gives
it its character - & the
mind not being
over-occupied with it -

Everything is beginning" Mother

There are no true beginnings
until there has been a
complete death -

i.e. - death of the whole self.

all other beginnings are

but rebeginnings

+ renewals -

not the new.

self. The mind is the self, & all
its thoughts are conditioned by that fact.
answer to emotional involvement.

The mind draws & conditions
the feelings which rise from
sensations. Thus the mind can
also condition even sensation -
it can create sensation at
will - will being violence -
i.e. the escape or running
away from emptiness -

The self - i.e. nature - is infinite.

It keeps on growing - see
T.H. Huxley's garden (state of art)
has to be continually pared
down, but when the goal
is reached & experience is
complete it does not
matter if the garden invades
again - the purpose of man
has been accomplished -

When one stops the self will grow,
but there is total liberation
along the way which means
There is love -

The self is a monster always feeding - either on others or on itself - like a great scavenger crab. It must leave such food. Diet is important - the lighter + airier it gets the better - dew rather than cereals - cereals rather than meat - dew rather than cereals.
The ghoulish incestuous self feeding upon itself. It must turn outward at last. All that misery must come to an end.

Thus incest is false sex - a tendency of false placement of values.

The mind creates sex sensation as a means of self-gratification. It hardly matters where it is sought. Any relationship can be perverted by sensation - marriage obviously is not exempt - but often a merely respectable cloak. homosexuality - incest - marriage - prostitution - all these can be forms of domination. There is one root of evil that expresses itself in many ways - & all these ways are perversions. There is the truth.

The mind creates sex - sensation as a means of self-gratification - see dreams & their accompanying physical manifestations -
Love is chaste & is for all, but the love - sex relation should be in the opp. sexes. & the sex element tends to become less in the total divine love if that goal is reached by the individual.

There is sex as an animal or
"bestial" characteristic as long
as there is not spiritual
or selfless love. If there
is love the mind creates a
different order of sensation.
The lowering of sex as a
problem & as sensation
stems from the mind. It
exists animally in our
bodies. Nature can be transformed
by understanding ^{or} ^{its} ^{purpose} ^{revealed}. It ^{breaks} ^{its} ^{laws} ^{to} ^{make} ^{new} ^{ones}.
In humans the fact undergoes
a significant development.
It is less compartmented -
it tends to merge with the
whole psyche.

In creatures there is lust.
Man has the power to
purify the creative process -
to the utmost without
emasculating it.

Oct. 55.

The stygian layers of unimaginable blackness of the self + its usages in relationships must be seen + dissolved.

Waves or vibrations of force + energy whether spiritual or otherwise - are very definite palpable things + have their effect in and on matter of a more dormant state - see halo's etc.

The self is a vicious hunter - it brings down the quarry + then consumes it - or worse still leaves it aside to die + passes on to another conquest or kill for pleasure.

direct swift intuitive understanding saves time + effort. Then one goes on freely without the mind wasting itself. For me, this is most important.

it is not truth that tires or unbalances or kills - it is the conflict with the old

that

at first conditioning
then the whole - freedom -

asleep - nothing occurs
child hood -

half-awake - the evils
& the broken pattern

awake - freedom
nothing occurs -

The individual selves are like chips
or atoms of the whole.

Being unable or unwilling to
become the O + assume
aliveness, they cling to other
chips and atoms depending
on these others for their
completeness. This prevents true
relationship and promotes
psychological usage.

It is the essence of love - not the
personal fact that is immortal.
Beware of seeking immortality
in personal love. Now is
immortal. Personal love is
a high wave - not the sea -
but if it is properly related
to the sea it is chaste
and true.

Liberation is not something to
be attained. It is now.

Meditation is active
awareness - not
fixed concentration -

The one mobile-alive -
strenuous -

The other - imposed -
static - an escape.

There is no "permanent"
state of Truth. It is from
moment to moment.

(Contd. from rt. hand page)

less led by the desires of the mind.
The highest spiritual wisdom does
not need the corroborations of the
knowledges, but conversely, if the
latter were animated by the former,
there would be a great culture.

It may be true, however, that a
true knowledge will reinforce Truth
itself -

Do not mix or confuse
the fields of form. ~~vision~~

Dec. 55.

The mind, desiring to continue a state of dependence through memory, will revive a state of the past by a mental reference to it - or consciousness of it - or expectation of recurrence or continuity of any kind - such as the reference of memory provides + thus provokes in another - prolonging or perpetuating this state.

It is this involvement of the mind that is the evil - not the thing itself.

To be free of the past in Truth, the mind must be wholly aware in the Now - This frees the mind completely and means the total death of the old problem - & the birth of the new state of Truth or Love. This awareness & freedom is meditation + brings self-knowledge & wisdom.

To break down old patterns.

Happiness comes from Truth & self-knowledge in Relationship - not from relation of the self in relationship. All feelings become ~~free~~ more detached - (cont'd opp. page)

dangers of unconscious motives
to please - justifying of
improve under the guise
of helping or giving
= entanglement!

April 1. 56.

An unoccupied mind is indeed
sacred - it is free even of the
source of its liberation - of
worship - affection - of any
distraction from that completely
free state into which it has
entered. It can contemplate
the form in the morning light -
+ meet its love or its
neighbor in the same way -
without any sense of
attachment or possession -
affection then is spontaneous
+ constantly renewed - not
attached or cumulative -
Truth cannot be accumulated.

April 1. 56. An unoccupied mind is not at all a vacant mind -

Relationship is not relationship unless it is without motive - that is unless it is for sheer love + consideration. This is creative action.

There is no resting place - there is, there, a perfect contentment with all moments in the motiveless sense of intense awareness - + the perfection of great + small - still + fleet - though there is a need for rest in the superficial physical sense - the perpetual motion of eternal life becomes a delight + a serenity.

The aware state is very intense + energetic + does not permit much rest in the ordinary sense - something like a humming-bird -

Integration of the personality means (or is the same as) complete control of the mind - A mind divided into conscious + unconscious is unaware of itself - The two divisions usually work counter to each other,

(Contd) and it is this that solves (partially) one problem only to spawn a host of others.

There is no problem at all - over -
There is only the self in its many
movements - When these
disappear the problem
disappears.

Virtue that is self conscious
is not virtue -

Where there is virtue there is
no self.

Likewise

Freedom that is self-conscious
is not Freedom

Life takes care of the pure
in heart. only they can
trust in life.

Nature tends to live as a
whole on good + evil -
creation + destruction -

For Nature there is no good
+ evil.

For us first there is good + evil
(the divided mind) then only
truth, as we see the fallacy
+ deceit of the opposites -

Be patient + quiet, like the day -

Individuality.

There is a sort of holy sacredness about the individual that is love itself -
To be whole - complete -
To be myself in art + life -
To be a totality able to greet others in passing with a total gesture - or different gestures -
That have a certain significance.

Not to be like someone else.
To be myself - to create a uniqueness and also to be small - nothing - + out of that to create simply + well.

Not to compare -

June '56. There is God. It is a force -
(something) beyond us. Its power is vitalizing + enters + sustains us through the within - It has upheld me when I was helpless - just as much as conscious effort has let in the truth -
It is an action which delivers us when we falter in the Valley of the Shadow of death -
Without this something we die + are nothing -

The mind is like an entangling
parasitic vine - entwined
about the green truth of life -
Instead of wasting time in
infinite disentanglement -
try cutting it at the root.
Then the vine dies in all
its ramifications -

Undercut the mind's activities -
but if you are unable
then start with the minor
entanglements - the choking
greedy cravings for
continuity and satisfaction.

Life is neither serious nor
play but both - The
play is noble - free -
creative - but not
frivolous. It has deepest
meaning & as such is
the essence of the earnest -
stillness & lightness -

The mind is like a compass
needle with the self
at north.

a propos - Princess Margaret Oct 55.

"Divorce is wrong" -

Rather change of object of attachment shows a state less than love.

To legislate against divorce is a futile reaction of the authority of the escaping mind - it is a form of compulsion; and an equal lack of love. To condone it is also an escape from love.

It may be that real love relation is impossible between 2 people hastily married - but a spiritual state of love could deal even with this - ~~These~~ love relations may occur without marriage - or physical contact. ~~Marriage~~ + divorce are not meaningful answers to the deep question of love. There is no attachment nor continuity of attachment. nor need for preservation of it which is merely a state of security which

is not love.

To condemn the fact of
adultery in another is
to ignore the mind that
created both the adultery
& the condemnation of it -
The state of love thinks
about chastity & compassion.

There is no such thing as
forgiveness. There is only
love. When the mind
is unoccupied. It
is in a sacred state.

Church - royal state &
so-called renunciation
are all negative -

Are most challenges the unexpected movement of life - and does the whole importance reside in the response to the challenge? The future then develops either creatively or toward a static condition - death + conflict = a deterioration - hence the importance of virtue and instant seeing - true judgement is then spontaneous.

Does destiny go out of people - Do blunders have a part in it? Or is chance combined with other determinate or developing factors - ~~And~~ new + unknown factors in order to make new life + form new combinations?

The whale skull seems a kind of adventure for its own sake - limited as it is - it achieved a certain positive uniqueness.

Without the action of energy,
it is impossible to throw
off the grip of the archaic
self-mind.

Communion with others
(for a motive of dependence)
without aloneness is an
evil alliance.

There is a natural unfolding in
man - not alien to the
unfolding of the universe & the
things in it - albeit perhaps not
the same.

The natural elements of experience -
Before maturity nothing has
significance. It is only
felt or observed.

It is best to work things out for
oneself carefully & searchingly
this is humanly possible -
instead of continually running
off to this & that authority to
tell you what to do. (at least
after the initial period of need
of help is passed - this means ^{hard} work.)

Human love may be a by-product
of the search for wholeness -
just as great art may be
a byproduct of the search for
magic - even though
natural attraction and
aesthetic feeling may also
operate in the one & the
other.

Love is a questing of whole
to whole - not half to half.

Ideally no moment of life
is more important than
less possibilities than
any other. Albeit certain
consequences & combinations of
factors produce important
moments - so called - because
like a great wave over a
ripple they give a sense
of dimensions & possibilities
of greatness. These moments
are important as the
product of intense seeing &
feeling may alter or
determine new actions -

c.f. Jeffers. When we see only the parts,

It is we who give accents to
life - such as good - bad -
or neutral - not life itself
~~or any part of the whole of the universe of the universe of the universe~~

To pass entirely beyond
stimulus from the natural
world is neither necessary
nor desirable. It is a
question of seeing - +
response to a challenge -
not acceptance nor
rejection.

There is nothing except an
intelligent state of being.

There are no problems, only
the infinite movements of
the self.

Truth is anonymous -

Conflict & the divided unimp-
integration -

Con from L. Contra =
against.
antithesis of pro -

+ flict from L. fligere
to strike

= opposing action -
a strike = violence

The answer to the problem is in
the problem itself - not in
thinking away from or around
it. This discovery of
Krishnamurti - is perhaps the
greatest discovery of all time -
It goes far beyond Zen
Buddhism - & is deeper than
Christianity. It revolutionizes
the knowledge of the mind -
& its use. The integral
awareness necessary for
complete freedom is not of
the mind - nor is it
acceptance or enforced
stillness of the mind -

The Resurrection is not at Easter,
but every moment when we die
completely to our motives desires -
or prejudices - in short to
our selves - Thus we are
renewed in Truth.

There is no superior or inferior -
Listen now - do not compare with
the past - nor speculate on the future -

It is very often attachment &
The mind action that ruins
a thing - not the thing
itself - All experience
leads to truth - The
secret lies in understanding
& response - all action is
from within -

What does this do to
interaction -
stimulus challenge -

self. self

to follow this out
understand stimulus -
response & attachment.
+ thus
Become the Challenge

see interaction in the
world of nature - stimuli
etc.

June 56.

There is a wisdom & rightness in time
& circumstance - what is wrong at one
time is right at another - all comes
from "mine circumstance" - True
judgement. This is the secret of
flexibility - health & well being -
& a part of wisdom - the
functional or anatomical part -

health of body & a sound mind
are grounded on right thinking.
Then one cannot be shaken.

Wisdom is a golden flower -
Child of Truth & the Mind -
a Happy Marriage in the
Nature of Things -

The holy & the blessed ones cast
the light of happiness about
them - At that fountain we
all come to drink - He has
awakened my spirit to the
Goal of life - liberation &
happiness. I am running
on the way - breathless &
full of ecstasy - oh
High - High - High.

My beloved Mother runs
with me also. We are moving.

ART + life -

In art - One confusion of the idea
of bridging a gap - is building
a bridge between art + life -
or attempting to bind them
into an integrated activity.

This effort or attempt to
build the bridge between opposites
is futile + will accomplish
nothing fundamental.

The unity of art as an
expression of life will only
come about when life itself
is understood. The new
integration will then follow
naturally.

Culture vs. religion -
Culture becomes static -
but sometimes art forms
rise to perfection through
time.

distraction is the same
on a spiritual or
artistic level. when
you create there is no
distraction - nor are
you absorbed by the
object - yet there is
a relationship with it -

there is no object -
implies complete
abstraction - that the
so called real world is
merely a projection of
the mind -

For me there is

the O > ———— < i'
 ↓
 resulting
 new
 form -

old abalone uncovered by tide
you see it - but it has been
there all the time only
not for you - Nothing exists
for you except in your consciousness -

The expressions of life are like
the traces left by the wave
on the sand - the heaped
up weeds & patterns - they
are dead - not the wave -
but they are visible traces
of its invisible force -
& movement in the
material - the wave is
but a force travelling
through matter - pushing
it up & down -

art self-expression
self ↔ environment -
.. form
& its life

art when it does not imitate
the vision of others is an
enlightened way of
seeing & defining that sight.

all life is relationships -
a picture is all relationships -
problem of total attention
outside time.

no motive

no experiences or experience
or recognition of "

The eternal moment

creative happiness -

To be made completely new.

art

* Is a true work of art a static
thing or is it immortal?
It is certain it is not
necessary to preserve it.
Any expression tends to
become fixed - it must
necessarily have that effect
in the minds of those
who otherwise would
perceive the new -

futility of fixed expression of separate
Things -

If one is a great creative artist in
life, one cannot be concerned
with a technique or fixed
form, but only with discovery;
not because life is
formless, but because it
cannot ever be fixed or even
momentarily immobilized in
any way, such as in a work
of art -

^{see}
Focillon ? In a work of art, however,
the form itself has a peculiar
life of its own which
moves toward its own freedom -

It is not that one does one's work less
intensely - it is simply that there is
a complete release from the self
+ its demands. So that one is no
longer driven by the need to use
the occupation as a means of
self-fulfillment. Thus there is
a quiet place behind all
occupation or labor + a
real content; making one's work a
free creative joy, & if one does
not work, one is simply quiet

physical habits are very impt-
proximity - interference -

in insistent presence -

pure stimuli

+ then stimuli with
a motive -

See all this clearly -

technique as a means of
creating new ideas is
limited - the ideas will
be limited.

Sometimes even to express
in any way is a
distraction from pure
being which is very still.
As the mind is then -
somewhat occupied -
So keep an empty space
in the mind - no matter
what you are doing -
only the unoccupied mind
is not distracted &
can receive the thing of
the real

It is the mind that ascribes
all values & associations
to Things.

Thus all hierarchies are in the mind

Sensation - Contact - perception - Thought
desire -

Thought (due to sensation)
Conditions the feelings &
pulls them after it -
arousing our stimulation
& perverted desire

true passion = intense
spiritual feeling

strong feeling - may be
false or true -

it is important to feel
strongly but truly.

True perception (without thought)
is wisdom -

The desire of the mind for
certainty - naming etc.

is the process of the self
evil. a process of gratification.

love = infinite forgiveness
forgiveness = ~~resurrection~~ + immortality -
The eternal -
for all - even the lost.

Nothing is totally lost.

The vulture in perfection

But there is a wrong turning
a dump - & The seagulls
eating garbage - There is a death
and there is not.

only love is chaste
- unselfconsciousness
not unconsciousness.

imagining away from the present
is not the real. it is a
form of escape & gratification.
it is not love.

aloneness is love

To be absolutely alone and absolutely one is to love.

where there is no self there is no abasement or
humiliation. no pain or consciousness of any

There is no self - all else is for
normal healthy state. - the only
recognition - no

from Things completely understood
There is no residue - ✓

The golden sands of pleasure &
The empty beach!

There comes a Time when no
further expression is necessary.

To Love is not easy -
and yet it is nothing -
simple - effortless in the highest -
no thought.

Sometimes it is a mistake to
correct or contradict another -
That action may be less wise
& loving than their assertion -
wisdom is silent & does not
impose. There is room for all -
There is & there is not.

problem of pain in love

- separation
- lack of wholeness -

sexual desire then is created
by the mind to fill the
emptiness = dependence.

search the mind. It is the
arch deceiver - the real
devil - (self-mind) only
when it comes to an
end can truth or this be -

If one loves life will take
care of you - the joint aim
of happiness is with in -
Pride + arrogance are in the
mind - self - humility is love -

one has to go beyond all discoveries or even
they become a conditioning.

The deceptions of the mind are sharp & swift
The deceptions of the unconscious are " " "

to know & still be innocent
= consciousness in the highest -

1	unconscious unity	} art
2	split development	
3	conscious or attained unity.	

1	child	} life.
2	self	
3	freedom	

birth itself is a great accident

Use the mind less & less, & the total
integrated awareness more & more -

= less effort - swifter - more spontaneous
and creative -

ecstasy & joy are like great
waves billowing up from
a deep & brilliant sea -
but calm in the depths

To think of how one looks - as a
psychological motive - is self-action -
i.e. less than love.

spiritual values may exist
but they are utterly secondary -
rather they have their
exact place in perception
& so undergo a radical
transformation - They are
not annihilated they are
changed in significance -
& thus become nothing -
not there as a mental
abstraction - but this
cannot be understood
except in truth -

There would be some relation
to this in the new art -

+ eventually art itself
would cease & be quiet -

and Robin -
'would quit the desire
of praising it' -

It is all - self-sufficient -
i.e. pure being -

But the breaking animal? see opp.

Then man only is free?

* or did my mind (unconscious) condition reality as an animal? This is quite possible since I myself - i.e. my mind - was at that time still animal.

Very interesting. I think this is the right answer - which I only see now. This is the reason people's experiences of God or Truth are all such nonsense - they are all conditioned and translated by the mind of the experiencer who is still separate from the fact.

reality as dynamic stillness.

"All things are critical."

A person born again is both weak and strong like a new butterfly.

Pure being is absolutely still, but it breathes like a sleeping animal.

Rebirth and complete newness and freshness is better than the eternal in the sense of continuance, repetition or permanence.

Energy - love and compassion.

* How can God love God?
It cannot. It is love, & its own eternity.

There is a laughter that is free and a humor that is not free - i.e. mechanical escape.

"Love conquers the opposites"

The new is not to be recognized.

You have done something to enslave me.

You refer back to it - it creates
a reaction in me not
absolutely free - one who can be
hurt or reacts in any way to
bondage through dislike + retaliation
is not free. only the self
reacts. Truth does not react.

dream lions (cruelty?)
dogs urination
? train -

{ Mother (etched) lion face
child
oversize breast

front car of train - safe -
food - appetite (greed - physical)

Cruelty
scatology
sex & reproduction
safety in a moving vehicle
appetite for food -

(see R. Sex is
neither pure nor impure
it has its place)
Somewhat obscure

Lack of immediate participation
in all this

The mind (the old mind of
Christians) uses & distorts facts
of nature for purposes of
psychological domination of
one self over other selves -

Why is it that the dream (unconscious) activity deals in symbols & never directly & what connection has this use of symbol & invented narrative to the parable + also certain art forms.

Dreams - I K. rarely if ever uses the parable. It is a way of approaching the folk-mind?

See Krishnamurti on Dreams - The mind has a dream - the subconscious mind - then the conscious mind (conditioned) tries to interpret it.

Dreams are interesting. But the important thing is to get ahead with the real clearing of the mind through self-knowledge so that the whole mind will cease to dream & be completely quiet so that the unknown or truth can be -

The sexual desire (perverted) is invented by the mind to fill the emptiness or escape from it - only love is chaste.

or (natural history) animal
instincts persist - or both -

origin of subconscious myths
and symbols & the
animal characters.

remember the other dream -
wild horses & striped tigers -
all this band disappeared
& vanished in a bend of
the road as they were
approached with out
fear.

The swimmer rises in the wave -
but the wave rises still more - he dies -
"he must find the summit or perish -"
The swimmer in the great wave -

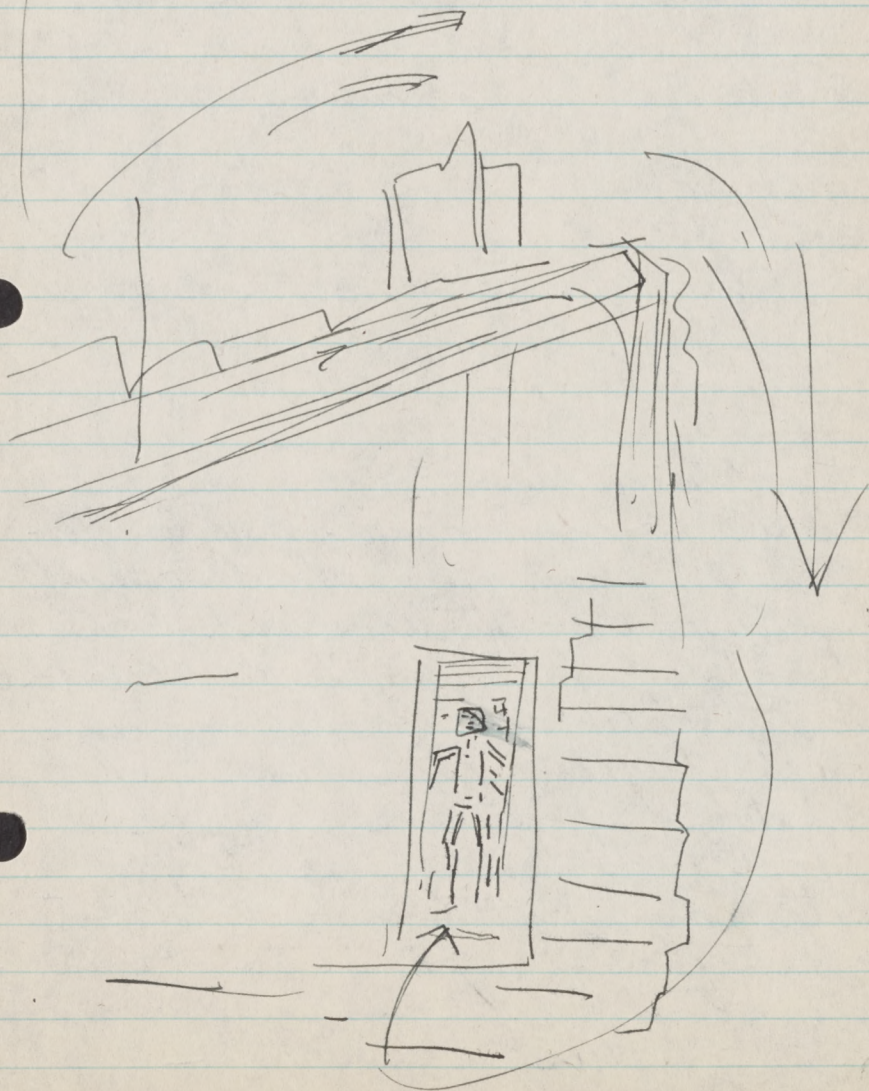
The dead steer & the eagle
preparing to devour it.

The persistence of animal symbols -
i.e. the small kitten taking the first
momentous step - identification?

broken search - journeys - sex = escape
homosexuality is deep within the layers of the
mind and it is an escape from love.
homosexuality - incest - masturbation etc. are
all in the mind. c.f. Jeffers also.

mechanical escapes

frustrated + broken
journeys. robots.



The journey - usually
frustrated - so
frequent in dreams

= The escape from
emptiness -

usually thru sex -

it is a journey
away from the fact.

so automatically
hopeless -

to wish to or to submit to sex violence
equals outgoing violence - murder etc -
all this stems from the violent mind,
& (the same as the death wish) is
but the flight from its' (the mind-self's)
own emptiness - all violence is
such flight. The mind-self
(hate) & separateness - craves
love or anything else to fill
its own emptiness & perpetuate
satisfaction of this emptiness -
instead of facing & dissolving
it - Thus one of the

- ↓ 1. violence - mind
↓ 2. ~~sex~~
↓ 3. violence as such.

Things the mind creates in this process is sex sensation, & it conditions all the emotions & feelings & makes them abnormal. Now sex in itself as a natural fact is no more of a problem than eating. It has its place (neither pure nor impure but natural) - It is the mind's search for self-forgetfulness that has created the sex-problem. This problem can only be solved when the mind faces its own emptiness, & love which is not sexless nor emasculated comes but chaste comes into being. Sex then is not in thought. It may be that in thousands of years the 2 sexes will not exist - but that is not the problem now. At present there are 2 sexes - & this natural responsibility must be understood in the light of the highest - In this new love sex has an entirely different significance. It is neither there nor not there - but the usual natural manifestations of it do not occur. The

energy value of it as
a life-constituent
factor only remains.
It is neither suppressed
nor indulged - nor is
it sublimated. It has
its proper place - & true
proportion. This element
of proportion underlies
all intelligence in art
as in life - & creates
the "~~Sensations~~^{effect}" of a
picture as a whole.

The word is already not Love -
Love is a state of being - dynamic stillness.

It is easier to be free of Love
than to love.

Love is not sex
Sex is of it in the mind -

Love is the only answer to any problem
It is all there is - the whole truth.

Notice + understand + dreams - but then go beyond them until
the whole mind is quiet. This is love.

June '56 - Dream -

The wind of life bent down the tall
tree and I recovered that which had
been taken from me. (Then I asked
the neighbors to come and share + rejoice
freely with me - + to receive gifts -)

Never be garrulous - insistent -
explanatory or self-righteous!

The amazing imaginative inventions
of the Unconscious -

June '56 In regard to the latter: The mind is
capable (Unconscious + Conscious)
of constant invention - imagining -
wandering - fabricating - Thought-
images. This imagining is often
praised + admired - Though it
may + usually does have
nothing to do with Truth. It is
a self-projected activity -
+ poisonous much as the is -
The Truth - + true creative
inspiration is not invented -
it is an awaking. }
Something beyond the mind.
To keep in this state is
arduous albeit passive -
The energy required is
enormous - or rather one

has to be the channel for his enormous
energy. word sounds in
themselves are nothing if they
lack meaning - There is no
Such thing as ultimate
non-objectivity. This is a
complete "invention" of the
mind. Everything is -
both the false & the true -
yet there is only the true:
all form is but a cloak -
it should be worn lightly -

June '56 Man is divine - in that he is &
can be - creative -

This means to be free -
which is to be happy.
which is to do right without compulsion

Thus virtue shines in all her
glory and freshness

And grace crowns goodness -

Nowhere is there any element of force.

This is utterly different from following
any pattern - It is the new
enlightened happy way.
Freedom + joy!

There is a freedom that comes to the
mind. It is not at all that the
mind is now "anchored". On the contrary,
it is mobile - flexible - floating
in a sort of ambience. The old anchors
are dissolved - the self-imposed
directions, & all the pernicious
activities having been seen for
what they are - & felt out -
lived out - disappear -
leaving the mind free & pure.

*. June '56

a different instrument - no longer perverted
ugly and treacherous.

"The center without a point" - very true -
there is no any fixed - finite or ultimate
point from which action springs &
to which action goes must be a
self - or partial point. (i.e. closed)
It seems that true center is also
circumference - - elusive - not
fixed - non-existent - & the
universe is so arranged that neither
point nor boundary is capable of
final determination which is a
good thing & assures infinite
creativity. Both are omnipresent
everywhere & each finite pt. is
immediately infinite (when seen
for what it is). position is never
finite in itself. It is hard for
Western Space Time ~~man~~ minds to
come to this - Eastern moved
forward - but spiritual dimensions
are not mathematical ones which
are but a poor reflected image
& not the truth at all - They
defy analysis. The universe is
constructed so subtly &
perfectly that it is capable of
infinite creativity & yet never
goes beyond itself - It is indeed all
(done)

The contribution of the East - though not total - is of a higher quality generally speaking than that of the West.

The former ~~tends~~ is or tends to be - more abstract. more religious - less dependent on mind as knowledge - getting in intellect.

The West contributes Logos - & the power over nature harnessed for material good & well-being.

The former could be too abstract - the latter too material.
But if there is an artistic pre-eminence - the former is the more artistic point of view - in that it is the shortest, simplest, most direct & effortless way to the highest & most complete result.

In ~~Radha~~ Krishna murti these powers are almost if not entirely combined - as he

approaches the truth with
the new total approach.

^{Indign}
Oriental by racial
inheritance, western
by training - but
essentially whole &
new by his own
divinely original nature.
It is in the latter that
his worth & greatness
consist - & that
constitutes the miracle
of his achievement.
Of formal knowledge
that ~~had~~ ^{has} ~~not~~ ^{needs}
gone, though practically
he is very well
informed on the
many things that
have come beneath
his observant mind.
He is therefore beyond
genius -

So that a lack in
a man of genius which
is usually felt is
a virtue with him.

It is interesting to see the
Chinese genius for
pictorial art & metaphysics,
& the Indian genius
for religion & intuitive
thought - as well as
deep psychological
observation & knowledge
or rather wisdom.

Great mutations spring full-fledged
alone at any time.
At the same period a continuous
tradition may be developing which
has nothing to do with the
truth of these exceptions.
The connections are superficial
characteristics of race & time
& technical materials
available.

The new cannot be imagined -
the most we can do is to remove
obstacles to that state through
self-knowledge - There is a
possibility, then, that that
unimaginable state may come
into being.
Listen to everything.

It is not so much the new
mingling of race &
culture that counts in
the future of the world, as
the spiritual vivification -
though this latter may
be a result of the former -
it is not necessarily so -
or the "racial heritage"
may be partial & in a
sense secondary or only
a support for - the
new gleam of truth.

May '56. The lion (in dreams) seems to be a symbol
of aggressive cruelty - menacing
& dangerous. The dominance of
one self - death & destruction in
relationship - When the lion is
faced with out fear - one enters the
~~mode of peace.~~
~~The rotten patched tool.~~ ~~But~~
must come out completely
but there is a way to do it that
is not barbarous - This is the
way of seeing what is - of
being with the fact.

Any situation must be
completely solved - not partially.
All relationships must be
perfect, free & pure - or rather
there is only one relationship.

Anything less means continuing
conflict and misery.

1935 -

It is The mind that gives
the terrible qualities to
the vulture -

In the highest love -
even the vulture is beautiful -
that is - if we consider
that beauty is an
attribute of truth - Then
the exact qualities of
the vulture - his place
in the whole scheme
give him a proportion -
& a place - rather he
is neither beautiful
nor ugly - he
has this place -
only the whole is
perfect. His
function & appearance
seem repulsive to
us - yet if we
do not recoil from
him - & see
him clearly - then
we are free to
see him in his
context - we are
not dominated by
him - nor do we
exaggerate him - he
is a reptilian factor,

Are all the animals in us - or does
the mind give symbolism to certain
animals + store these away in
the collective unconscious?
The eagle - vulture - lion - horse - snake - steer - goat etc.

It is true that the unconscious
if freed to function - is allowed
to make itself heard within
the busy translations of the
conscious mind - can tell us
things absolutely impossible to
the limited conscious mind -
These intuitions + revelations
can be of the utmost value.
But every thing depends on
their source + quality - they
can also deceive - if they are
conditioned responses.

death of the vulture -

death of the steer - with the eagle about
to devour it.

but in love - perfection of the vulture
perfect in his function in the whole.

* Why does the mind deal
in images (sometimes
complicated + seemingly
fantastic woven about facts!
and in symbols?

The unconscious in dreams

The conscious in art and
other image making activities -

The lower animals are in us - in the
old Malanini brain which we share
with them - hence dream images -

The problem of totemism in "primitive" or
prehistoric man + animal identification -
Nature of kinship + fear - The mystery of its base.

The unconscious mind will
solve all problems +
give all necessary hints
+ solutions if one will
listen truly to it without
translating or moving away
from it in any way -
The deeper the levels the more will be unfolded
do not hurry nor force -
There is plenty of time
for every thing in potent,
+ the most in potent
things will assume their
place - the rest following
naturally - step by step -
much by itself -

Sept. 55. Dream ||| Do not confuse worship
with Understanding + love.
Worship is a sign of lack.

The Lord was invited to a vale of
rest. Finding it filled with
wild animals, he mounted the
horse - which - because of the
Understanding of the rider -
backed up - (sex as a form
of bondage created by the mind)

Then descending in golden robes
he received the plaudits of the
multitude - + exchanged
joy + power with them -
albeit remaining alone
in his pride, purity +
wholeness - Both are necessary,
but each one goes to his
divine fulfillment alone -
"There is no god save the
man who has realized Truth."

Dec. 55.

Running from the steer
in fear (escape) I perceived
it badly wounded - it was
led away quietly + tamely -
+ pastured on the mountain
top - from whence the
neighbors did not wish
it to descend.

May the steer perish -
+ the fear cease - at
least constant vigilance
will alter it greatly
+ reduce it to no power -
Instead will come freedom
+ no fear - Through
complete oneness with the
fact - not through
condemnation or fear -

To die to Everything
is freedom + the new-
Truth is ever new-
creative.

One cannot lay it up.

This is the secret of freedom

↓
It is my great joy to be
with the stygian layers
of blackness of the mind.

To be with them lovingly
is to bring love + humility
+ eternal joy into being -

To love these black layers
of the self - these will I love.
The discomfort is nothing - It
vanishes with the love -

This being with mind
becomes a true passion
with me. I desire to
be with the mind-self,
it is the way of my
love. For its own sake
it fascinates me. I
am lost in it -

He was The evil - he assumed
it - reflected it - showed
me the image of it - in the
mind - my collective mind -
awakened me to the reality
& meaning of it - so that
I might be with it & be free.

Nothing fills but Love.
It is the Truth -
It is all There is -

There is no need to
remain overlong, however,
with the "Thought" of
evil - rise & greet the
sun -

Do not allow the mind
to create obsessions -
a new escape -

The worship of another is the
perdition ^(hell) of all authority
created by the mind -
Self-realization is
freedom + right action -
From this comes true
respect, not worship -
Worship has corrupted all
the great teachings as
the mind of man
instead of doing as
the teachers, only wished
to acquire for itself
power + security - Through
lazy bondage. In Freedom
there is no superior or inferior -
no dependence of any

He is either totally right -
or totally wrong - ?
= Thought - opposites
results
certainty ?

The cocoon
The butterfly
The mating flight - beauty in all
stages

The short life -
The struggle
and the death -

human ? - only a speeding
up perhaps - + no effort
in the highest -
quite different

↓
out of struggle into the timeless.

Jeffers can speculate on Christ
and dear Judas - but for all
that she is less than Christ -
even though right about him -
& more than Judas -

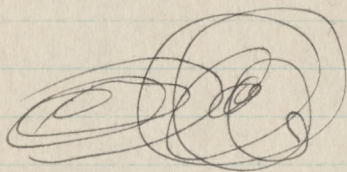
He is escaping & that conditions
his great art.

The problem of originality
and individuality -

To wander at will is to be
creative -
any form of compulsion takes
away happiness + freedom -

mind of conception could be
prior to sensation +
then subsequent to it -
acting upon it -

unknown figure of
divisions + directions -



Is all sensation one in the mind
old + new?

The new mind operates on
sensation + its relation to
the old mind?

Because life and God are proper to the human, we have strength to bear the intolerable burden. Great as it is - crushing or ignored to most - we are able to bear it - or human life would have no meaning - the beauty - fitness + glory beyond the tragic.

To assume or feel this responsibility + destiny of the human is reserved for the greatest + most daring + simplest spirits.

He does not have to convince anyone. It is sufficient for it to be and in him.

Christmas
1955.

I have been given the secret of liberation + eternal happiness through self-knowledge which is unending. This is the imortal - + the eternal - renewal of creative life + joy.

'there is no resting-place
until the goal is reached.'

There is nothing important in
this world except a moral
change. It is this that gives
joy and energy.

If the figs have no flavor
pull out the tree.

If you do the same things
as before they are all
(seen) done differently.

Even geological laws are a
form of love. There is
nothing but love. It is
in all things & there is
no escape from it - as it
fills absolutely everything
at all times without
the slightest empty place -
voids have another
significance. They are
full - see Jefferson's eye
also
The web & tissue of
The universe.

The male and the female are
still separate in their full
responsibilities, but they
are drawing together -

Is it something entirely different -
a new quality?

Or is it an extreme tension or
vibrant balance still rooted in
nature & the opposites? The
new will be a new quality -

no important principle is
less than any other.

Love is its own eternity.

*

The universe works by law -
it is completely just -
not a sparrow falls -
there is accident - but it
remains a probability only -
it has its place but it
is not the whole at all -
nor an ultimate determining
factor. in spite of all the evidence.
That is wisdom of the mind only -
one can go beyond it -
& that is freedom.

There are no hierarchies - There are.

every thing that is necessary is
achieved -

~~power to~~ liberation of another has
only a personal value - to the
individual. even this is 0 - but
a liberated person has real power to
help -

If one is annoyed at being interrupted
at one's work, it is because the
self is interrupted at its
self-fulfillment on which it
depends for "happiness" + "peace".

There is nothing new - it was always
implicit - it only becomes explicit.

no - There is the utterly new -
the unrecognizable - it is not
that we recognize the home
from which we came.

There is no one more important than
another. There must be several
to carry on.

The Eastern is the highest pt. of view
the most direct + abstract (from
the heart - not the mind - let the
western contribution is important
i.e. - nature - logos + the real,
c. f. and things + things
+ no more thoughts.
breeding like monstrosities May + this -
darkening the sky

In the case of Buddha & Christ
the teaching had to be
written as told by disciples
New Testament etc. But
now the testimony of
Kushnamurti, which may
have to last for centuries,
the modern tape recording -
printing of pamphlets -
aeroplane travel - radio etc.
reaches many more &
has a practical advantage
in the world. The world
is drawing together fast -
swiftness comes to be an
element of intensity &
realization & a new
efficiency in the highest
sense -

The new is among us &
no one knows it this.

Happy is he who finds his
soul's satisfaction in the
unknown through self-
knowledge - & not

as the churches would in
an ancient faith. There is
no such thing as faith -

~~True~~ Love predicates the
true love of the many - as
well as the me - not the
me in the many -

where there is bondage in love
there is no love -

To blight or dominate the life of
another or life in any form
is the action of the self = evil.

To desire material satisfaction
or gratification in any way
is evil + a form of bondage.

Can one take the short
cut when one other
left off - ∞
Must one begin at the
beginning -

I think one does not
have to go over
everything again -
one can take the
short path that
has been discovered
to the new

In a sense, however, one
has to go to the root
but without effort

Who is He? He is
Every one of us -
He is myself whom
I have sought - & I
am in all things -

The Look of Love
& sympathy is to
awaken that knowledge
that I am He -

No separation.

I see all anew in Him -

To Love The Truth in him is to
Love all things.

Love is the essence - it is also more -
The extra gift - the more than
necessary - the divine overflow -

God is more than himself - freer -
& yet perfectly himself -

In this lies the infinity of
creativeness - yet founded by law
& order

Life should be procreative &
balanced in all its elements.

In understanding -
~~To shed~~ my woman's nature has its place
to be freer + more abstract -
more all - more human.

~~at~~ This means harder work -
greater ~~aboutness~~ -
more energy -

The latter will become available
as the fetters are broken

Love that appears to be outward is
really self-love - in the
highest sense - when the sense of
separate self is transcended, &
the self of all abides within -
Thus this "man" is God -
who has purified the self - &
knows himself -
"How should God serve God?"

To be no one is to be no one.

Love is the whole truth - & there is nothing
beyond nor beside it - nor separate
from it - Every thing else is easy but
love is difficult -

Love is perfect & includes all things -

There is nothing but love. All
else is vain folly - "creative work"
etc.

nothing has any value separate
from love - complete penetration
of self - then only has
anything value - nor is it
used by the mind to fill
the self -

relationship is the mirror of truth
+ the key to it -

The meaning of integration is to
have all life one -

the Sea - one's work - one's
life with people + things
+ in all its personal +
impersonal aspects -
in perfect harmony without
conflict - This = health + joy -

love is the eternal -

it is immortal -

one is full - complete

whole - yet not alone -

The sound of the cricket is love -

The unoccupied mind is peace -

There is such a Thing as
complete - positive - and
total happiness -

The quest for peace is an
illusion - as it implies
a quest outward & in
time -

The realization is within
and now -

He who knows how to love
the one knows how to love
the many. There is no
longer any one.

The meaning of life is
creativity in the
deepest sense = & is
continuous with
self-discovery - not
self-expression.

Dec. 55.

one has always to plunge
into the unknown without
regard to security.
This is the way of discovery.

There can be no wanting
or pursuit for a result in
art ^{or life}. All movement must
come for its own sake
This is ^{as a thing} loved purely.
Then ^{your sincerity} life will respond.
If there is a motive
you will get that result -
but it will betray you
& leave you with that
self that ^{the truth} pursued
desired. ^{Prayer is not a thing to be done & remain inaccessible to you.}
This nature - the
truth comes only to those
who understand the
movements of the self.
This understanding is
true meditation & brings
its own result or action
which is truth -

*

The bliss of self-knowledge is eternally in movement.

It is the one bliss and contains experience of love - or the simplest contact which thus becomes love. Thus we see that the nature of love is not what we thought.

It is much more and of a different significance.

~~It~~ reveals the truth. It does not gratify. This is true happiness - the discovery & hence the losing of the limitation of the self.

Oct. 56

one of the difficulties in the way of
"dying to everything" - The mistakes
as well as the victories - is that
these events are realized in
material form - that is in the world
of matter - & once having taken on
life or form in matter there are
material repercussions - & the
deaths of "effects" of acts are
not instantaneous but sometimes
take a longer time than the
psychological "death" of the doer.
Accordingly, the principle holds -
but there are material difficulties.
Actually, however, the
psychological state of him
who acts does condition
his environment & is capable
of regenerating it - or
creating further resistance.

Do not force or strive unnaturally.

Consider The sun's setting -
how perfect it is - neither
too slow nor too fast.

To take part in a transition
time is of the greatest
importance.

The question of whether it
is possible to step into
absolute completeness
outside of time - when
one actually lives (in the
natural sense) in time -
This is only possible through
divine love. Can one
man encompass the whole -
perhaps he can in a
moment so ally himself
with Truth - It is only
his deceptions - not his
position in history that
would make him
limited. Truth also moves.
It is never the same.

June. 56.

God-Life is the challenge
(of Love)
(Losing the Self)

This challenge cannot be met by the conditioned mind - in other words by memory or instinct (survival memory). The "Laws of Nature" must be upset for a Higher Law - Nature as she is, is not God - she is part of the whole. The whole is greater than the parts or their sum.

This challenge can only be met when the mind - having faced & understood itself becomes the (new with) Challenge itself - The response is then adequate to the challenge - & the new (state) is born -

Thus we bring God into realization - as a work of art - & not just the idea of it - is a realization -

The great secret is to see that even the greatest & highest experiences are not final - not the whole which is the passing beyond all experience. To cling to a so-called experience - great or small - is to stop constantly life - stop Truth - & the New. Invalidate the experience & prevent the new. Find a momentally each moment is complete or could be - or rather has its own uniqueness great or small. To see this is not to stop feeling - on the contrary it makes true experience which is constantly in movement possible. It is the only way to Truth & validity - & it brings the sacred state of the still mind not anchored in past & future, but capable of the Real. Then all experience becomes

really a matter of
scent - a
revelation only -
neither to be
rejected nor accepted -
This is true living in
the sea of life -
which produces its
own waves - great
& small.

The difference between
a great & small
wave is a matter
of sensation (Dougherty)

one only clings to
an experience because
the self demands
continuity - or more
of the same - a fatal
barrier to life -
which lives in
the choiceless movement
of the non-attached -
This brings greater
rather than less
intensity to experience
& also the fullness
of stillness & peace -

The mind ascribes all values -
But seeing is beyond the mind.

If you assume a garment -
Assume it fittingly as to color
type etc. Do not evade.

But if you put on a garment
carelessly for good reason -
I have only a wrong one -
that has too & is spiritually
unimportant - effect etc.

The whole truth + flexibility
of life resides in the mind.

Aug. '57. With Truth one never "gets anywhere".

A major break → minor breaks.

science. Liquid helium - (cold) - conducts -
quiet mind also conducts,
"negative" space becomes

The positive, but not a pattern.

To speculate on whether God is
all - self-sufficient. -

needing nothing from anyone
or any thing -

He does not need us, but we need him.
is the more loving attitude -

But to speculate on this or
whether he does need us to
manifest his divine love - is
not to love -

for to think of these things
is to think with the conditioned
mind - If you see truly
you will find the answer -
which is love -

once in that state one cannot be idle -
one rushes on toward the goal,
things speed up - free themselves -

Food.

There are in primitive nature
2 kinds of amoeba - herbivorous
or those living on inorganic
compounds & carnivorous
ones - those living on other
creatures like themselves.

There are also primitive societies
of man that range from
complete vegetarians to
blood drinkers (Africa).

Now these exist in nature -
thus (just as there seem to
have been 2 kinds of line
since the beginning of
abstract & representational.)

However when man writes
scientifically of these facts
he involuntarily shows his
diff. (moral) nature by
referring to the carnivorous
amoeba as monsters -
Also we notice the ugliness
of carnivorous fish - &
the cruelty of the eyes of
lions in spite of their

extreme grace & beauty -

So - in considering our
diet - may we not
base it fundamentally
on our human perceptions
of Truth -

In nature all creatures
consume & exist on the
others in order to
preserve the physical
balance of the world -

But if man - (God-
conscious) sees the
truth of Love which
is in all things -
may he not stop
being self-consuming -
& animal consuming -
& return to the source
from which all life came -
consuming the simplest
foods & plants - chemicals
& minerals & gases -

Perhaps the only food is
the Enlightened man, &

in him God is able to
be at last in all his
fullness - Thus the physical
heaviness of nature is
freed + its corporeal
heaviness removed at last.

The reason I feel a greater
spirituality in Chinese over
Japanese art is that in
the Japanese there is a
greater element of
masculine power +
reality, + in the former
there is perhaps more of the
feminine element - + also
a spirituality + delicacy of
substance tending to
lightness. The Japanese
naturally tended toward
the ornamental - in spite
of the great traditions they
borrowed from the
Chinese.

Life will develop - is meant to -
The will to form ^{must} be
purified - will as such is violence.

Will only individuals realize
or will the world realize?

see the great force of nature
The bulk shoots lifting
The great stone each year -

To speculate on annihilation
is arrogance - The seed will grow.

what is inherent can be
released -

Love is inherent

but mind perverted -

otherwise there would only be
moral reactions instead of true
individual actions - but
be aware of possessing that
action for self gratification
it must be free -

I think it is possible to go
beyond everything forever.

The sea's the thing -
Not even the highest wave -

intelligence is anonymous
intellect is personal.

The rejection of any part of truth
is fatal to the whole -

Truth is a set of living organic
relations -

to love everything completely -
esp. the questions -

beware of possessing it as yours. It is
not yours. It is individual in
the sense of the self of all -
not the separate self - & this is
true individuality!

Oct. 156

The mind is a slippery fish, but in the deep layers
Truth is found.

God creates him self.

out of his own material
in which there is not
amorphous identity.

The great purpose of human life
is to ceaselessly unravel the
depths of the mind - fearlessly
facing all the dark +
infinitely subtle subterranean
facts of the self & its ways.
These hideous apparitions
lose their horror when approached
with love - sympathy &
firmness. This resolved
apprehension brings about
moral truth + freedom -
The murky facts within then
dissolve into the pure
white clouds without, + the
universe is fathomed - +
happiness & freedom come
about - The coiled layers
of the self must be shaken
free - Cosmos replaces chaos -
& the light increases to ecstasy -
This is the greatest adventure of
humanity - Aesthetic appreciation is
but a part of it -

a lock is an infernal machine
it is also very complicated.

all veiling is erotic
only ^{natredness} love is chaste.

love is like a ripe fruit
it is bursting with its
own juice.

if you wish to pull up
a Thorny plant pull
it up by the root.

intelligence is anonymous
intellect is personal -

animal sloth = spiritual laziness

True happiness is more
difficult than sorrow -

Love is not a fusion -

That which has no identity cannot
combine to form a significant chord.

(This applies also to colors in a painting.)

Oct. 56

What great miracle of nature is
psychological sleep and spiritual
awakening - + what are its
physical counterparts - + in what
way does this essentially
human phenomenon differ from
all the rest of nature as we
know it. Is it only a
part of nature in that she
tends toward it as the
work + substance of God - ?

One does not worship that upon which something is written.
"the mind is the blackboard." If you can read the
truth - there is no worship - only a state of being -
(See R.T. How can God serve God?) This state
is Reality. The mind is quiet - makes no
movement, but sees itself for what it is - the self.

Prayer is such a movement outward. It asks
things for something it does not have - &
which it desires for its own security -
peace & permanency. This is not God.
Even tho it may receive that for which
it asks.

When the mind is utterly quiet,
makes no movement, remains
with what is - sees the ways of its
own inventions & desires - it is still.
In such a state Truth can come
into being. It cannot be invited.
This is true meditation. A kind of
purgation of the mind. The seat
of this purgation is the energy
of complete attention to what is.
Not a movement outward.

The collective is the mind from which
the true individual must
extricate himself.

The mind is the repository
of memory which is of time.

For the Timelens to be the mind
must be made new - fresh -
This refers to psychological
memory - not factual
memory which is necessary.
Otherwise one would have
amnesia.

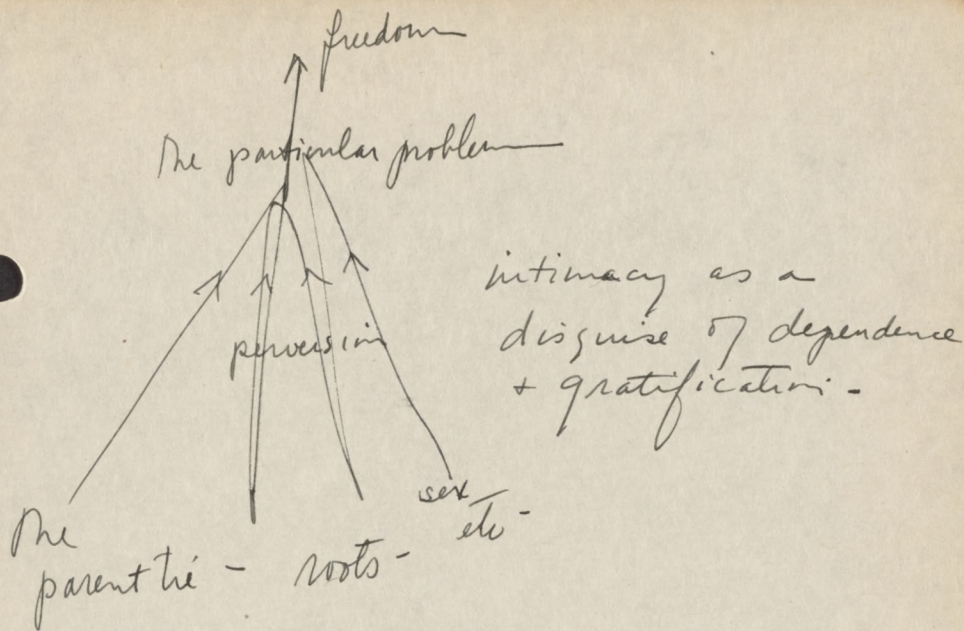
To be an individual +
unique means to be free of
the collective mind of
centuries. (Albeit the
mind has sometimes stated
the truth) But this truth
must be rediscovered - not
imitated.

n.b. neutralism may be weak —
it is - if it is an
ism or neutral.

But to step out of the
pattern of conflict
completely is not to be
neutral. On the contrary
it is a positive spiritual
action - but it does
not assert itself in
violent ways - In it there
is no want. It is -

What is not named nor rooted in
the mind does not exist.

Any problem that is named &
seated in the mind which
proceeds to act upon it -
a struggle with it - is
perpetuated - since this is a
process of identification.



Dependence + domination are - -
to placate is to strengthen
entanglement + evil -

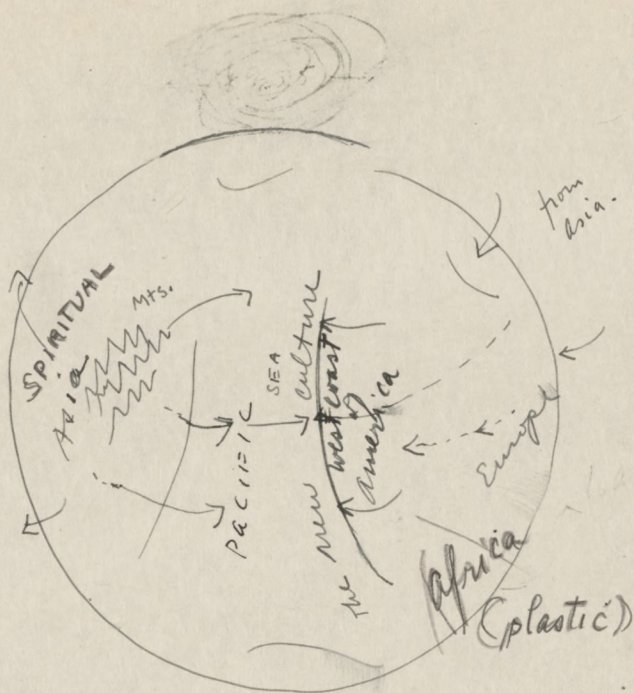
There is a free action which is creative

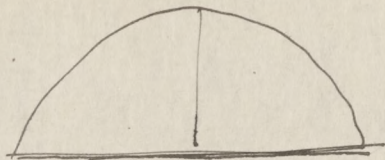
correspondence of inherited or induced
reactions of the subconscious - between
parent + child -

also involuntary reactions (in a
negative sense) of the unconscious
after a conscious effort toward
freedom - but the layers keep
disobeying -

To be more + more whole
and of the whole -

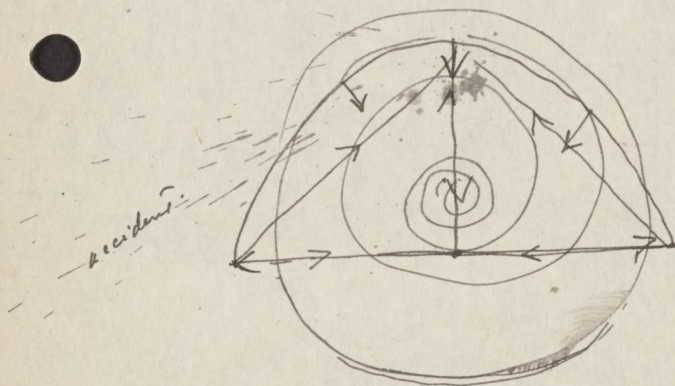
To take part consciously in the movement of the
world - I see the East + the West
preparing a common basis for the
New world - culture - contact on all levels
for the 1st time in history - to take
part in this spiritual + artistic +
practical development of man's
destiny is my great privilege + desire -



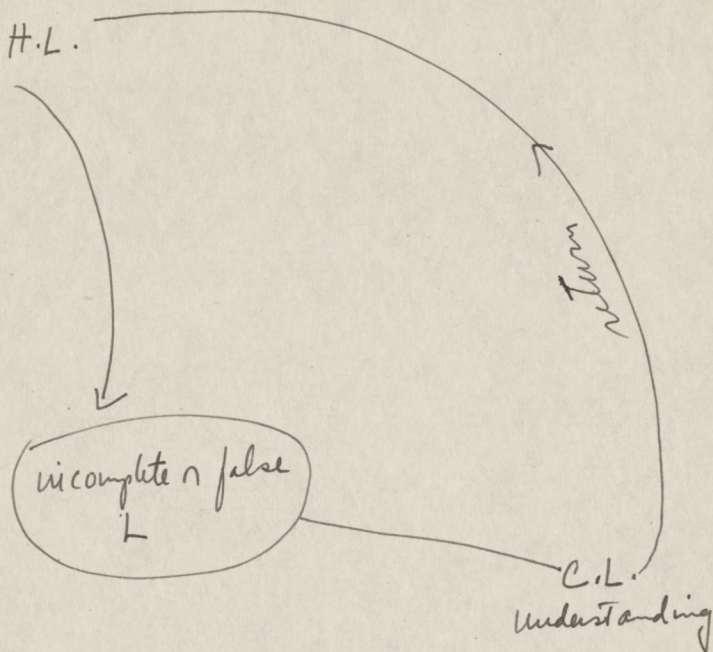


a section of the invisible spiral.

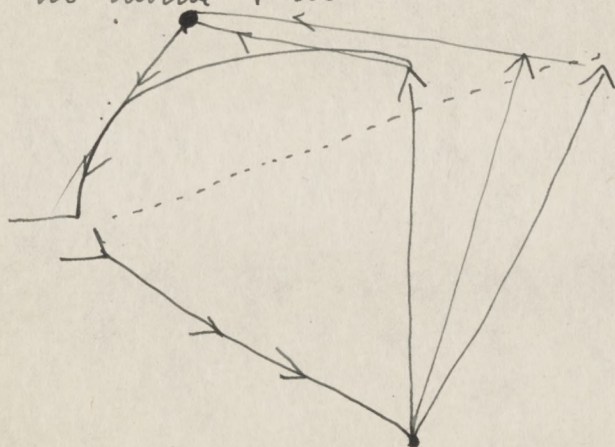
simple version made by our still
primitive mind.



number + geometry may be forms of love-
but they are not the way - it is not
possible to arrive through number - but the
truth will manifest in true proportion (no.)
+ as a principle that may be secondarily useful in art.



love is a by-product of understanding which has
no motive + no cause



primitive
diagrams are
perhaps as valid
as multi-
dimensional ones
to express
out + back
or false directions
+ true -

a particular moment of
understanding creates action -
that is a significant change of
direction

1955-56.

Life - form.

Life is form + form is the modality of Life.
Foucault

I could hardly come to consideration
of form in life + art until
I had a greater understanding
of the meaning of life itself.

Form in the creative, although it may
loosen the unconscious.

Is form merely the memory of spiritual content?

Is form merely self-expression?

All self-expression is form - but not all expression is aesthetic or artistic form - aesthetic form has a life of its own - The 'meaning' or spiritual content of form endows the aesthetic form with added significance + more intangible qualities - These qualities according to their relative validity as a penetration of 'Reality' determine the spiritual 'quality' of the Form - In this sense the form + the content are more of an experience than a memory - But experience must be recreated + not memorized or allowed to become memory - It is the aesthetic factor in a work of art which remains alive + timeless - beyond memory in that it is rooted in fundamental creation forms that always live for the human mind - The spiritual factors are more precarious but perhaps something of the sort can be said for them - so a work of art is not just a 'memory' -

Sometimes in art the unexpected happens & a complete result occurs. That is - one sets out with a certain intention as to subject etc. & the work that results may be something entirely different - a result of a diff. stimulus or idea - or it may be a related variant.

In any case the ability to achieve any result whatsoever must exist - & practice with the material helps.

In life may not the same sort of thing occur?

Also there is a striking out in new ways.

style & intention - may hinder invention

Art + The Self-

* May '56 One reason for Thinking (or concluding) that art is self-expression - is that when this activity is dominant some of the more pernicious activities of the self are dormant - The Energy goes into another channel - Now the pernicious self-demons are still there however, & assume their rôle the minute the art-activity ceases.

It is also true however, that to the degree that the art activity is truly creative & in touch with something beyond the self - its "pursuit"? tends to lift the self into a clearer activity - that is - if one is fair & true. But this is possible only in a life more & more totally integrated - the culture or expression of such a life becomes more vital & significant. In the end there would be no further need for expression on the part of that individual.

life - pattern -
+ works of art -

influences + creative +
educational development -
The transient personal as a
powerful motive force -

Beware of substituting art for
life - I do not 'sublimate'
something from life into art -
but rather let the art form
naturally express the life -
natural restraint + understanding
in life will result in balance
+ equilibrium from which
art will flow - enriched
with experience + new fields -

The question of influences +
creativity - + originality -
Is there such a thing as
total originality? Is it
even necessary as an idea?
The new is purpose original -
but it is not absolutely
in vacuo + also it is
drawn from the cosmic
creative source - To be
Total is impossible in any
way ^{except in perfect love - + no self.} But the microcosm

can reflect the whole purpose
of life - & tend toward
the whole - to that
sleeping giant of reality
that treasures quietly
far beneath & beyond
pain & pleasure - good &
evil -

To be total is to be
without self - voluntarily
still - in that case
there would be no
artist in the usual
sense - or rather the
artist would deal in
life itself -

one can create out of
fullness - then voluntarily
cease completely -

The total creative spirit
of the universe, however,
probably persists in
eternal movement -

The secret of movement
is the secret of life - &
death - & the mystery

to which one returns is the
resolution of movement.
Desire itself is never
absolutely still. Emptiness
becomes a potential -

Emptiness + fullness are
2 sides of the whole
process of creativity.

Sublimation of turning a desire
or influence into a more
"abstract" channel is less
good than acknowledging
understanding the truth &
letting that center have its
effect about me - Thus a
positive + not a
repressed action takes place.
In this sense one can
* "have everything" - & a
new culture results - If
'have everything' is
interpreted as spontaneous
discernment - so that the
false is seen & rejected &
one true is perceived &
welcomed positively -
This changes the quality &
character of action completely
& then only is there no sacrifice.

see things freshly - not in terms
of association & go beyond the
memory of the known - the mind -
to apprehend the new -
the unknown - ever-renewing
truth.

Hell is entirely in the mind -
the mind can know itself
& be still - but
artificial inducement
this state is temporary &
incomplete.

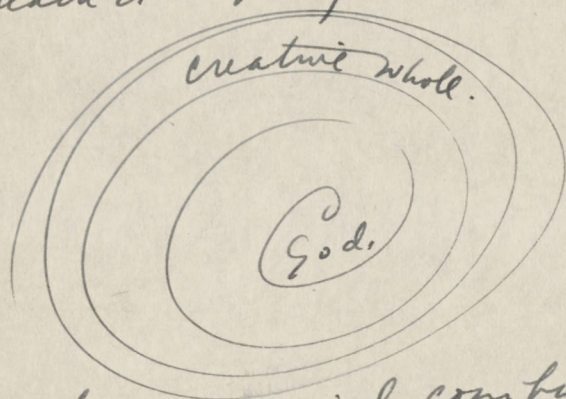
i.e. attempts in modern
western psychiatry to
reintegrate the personality
through shock treatment &
artificial stilling ^(via tanks etc.)
still - one can
try slowing down the
mind arbitrarily but
only to observe the fletcher.

The intervals between
thought contain the true.

Jan. '56.

It is, perhaps, that there is no absolute -
no permanent state of perfection -
no union that is immortal.
Rather there is an eternal movement -
with births & deaths that succeed each
other rapidly - There seem to be
developments & consummations -
perhaps a moment when the
self is completely given over -
which means a kind of
release, but the moment in
itself is not immortal - it
only has immortal
implications. Liberation is
a constant "process" of
self-realization & freedom
from the barriers of the
self - This in itself is a
thrilling process & gives
happiness as it goes along.
It carries you to a further
going along - It - like
the universe - recedes as
you approach it - but there
are moments that hint at
the ultimate goal -
Obviously there can be no
stopping - & perhaps not even
a goal in the permanent sense -

157 Man being a part of this is + is not God. God is more than the separate - which though the mind has been split more + more in the aggressive individual. But God himself is not realized unless it is from the state of man. The rest of nature merely tends toward him - So God "comes" through man. "He also changes + is new through man. At the same time there is no God outside man - to be worshipped etc. although there is something beyond the world. The only resolution is for man to be God who has not yet come? He is - measures but does not serve him - The rest of nature tends to wholeness but does not reach it - being whole only in part.



The dynamic spiral combines eternal movement and self-contained stillness. Each moment being complete or at least the emergent patterns of possibilities of a moment completing themselves. Truth continually new + renewed.

Causes - It is -

Avatar - (Sanskrit) descent - implies a
direction - from above down -

Epiphany - (Greek) - holy + show
= merely an appearance of deity -

although the Christians also speak of
the Descent of Christ to earth - the
ascent to Heaven - Perhaps this idea
of direction is all wrong, and the
Godhead is omnipresent -

When it appears (in man) it
simply appears where it is -
from whence - may not be
just up and down - but something
much more complex -

The new state is not a radical change in
Nature or tendencies (chaos) but that
through understanding (self knowledge)
& wisdom they can be transcended
and rendered powerless - the
new state is a state of wisdom
and virtue which brings its own
results - altering and dealing
with natural reactions as they
arise.

ARCHAEOLOGY

Building Without Metal Tools

Solution to the long-puzzling problem of how Mexico's prehistoric temples were erected without modern stone-cutting tools is that the ancients turned nature to their advantage.

By MARJORIE VAN DE WATER

► IT HAS LONG been a source of wonder to scientists how the ancient peoples of Middle America could have erected their monumental, elaborately ornamented temples without metal stone-cutting tools or modern means for transporting the huge stones and putting them in place.

Now an engineer, J. Ogden Outwater Jr. of the University of Vermont, has made a study of three such engineering feats, revealing the "versatility and imagination of the builders." The ancients took advantage of the peculiar qualities of the stone with which they worked. They adapted their construction methods to these qualities and applied the forces of nature that were available.

The three monuments studied by Mr. Outwater were examples of three contrasting techniques. One was carved out of the solid rock on the side of a mountain. Another was constructed of huge boulders, carefully finished and fitted and was ornamented with carved reliefs in perfect symmetry. The stone of this monument was hard and dense. The third monument was made of stone mosaic consisting of about 300,000 pieces of thin, flat stone and about 100,000 larger stones.

Natural Stone-Cutting Tool

Water was the natural stone-cutting tool taken advantage of by the builders of the monolithic temple of Malinalco, hewn out of a mountain in the State of Mexico. Mr. Outwater estimates that more than a thousand metric tons of rock were cut away and delicately removed to leave the main temple chamber, decorative statues and staircases and part of another building.

The debris and smaller stones were used to build other parts of the monument.

This monument is located well up the side of the mountain and is accessible only by one narrow trail. That single trail must have accommodated all the workers and all their supplies.

The reason for selecting such a hard-to-reach location for a temple, Mr. Outwater believes, lies in the peculiar qualities of the solid shelf of rock on this mountain and in the fact that a spring of water was flowing directly above it.

This rock, which is volcanic ash containing clay, has the property of absorbing a large quantity of water and of becoming dramatically soft and easily crumbled when it is wet. Yet when it dries out it is quite hard and durable.

Search of the temple site showed the ancients had dug channels from the spring

to the various parts of the building, leading the water where they wanted to work on the stone and holding the water there until it could thoroughly permeate the stone.

This stone becomes so soft when soaked that it is reasonable to suppose the ancients could have used stone or wood mattocks to hack out the stone in the first attack on the construction.

Actually, marks of this type of instrument can be found in the channels leading from the spring.

Since the construction had a very beautiful finish, however, it is obvious that as the work progressed more refined tools must have been necessary.

A pile of what may have been the actual tools used by the builders was found near the site. They were cylindrical stones that have been described as about the size of a rolling pin and sharpened, or tapered, at one end. Mexican archaeologists call them "nails" and have guessed they were used like studs for ornamentation in the finished plastered walls.

They may have served to ornament the temple, Mr. Outwater agrees, but he believes their primary purpose was to finish the stone in the monument.

About three-fourths of the stones were of volcanic lava, the sharp edge of which would readily cut and smooth the soaked

stone. The rest of the stones were of compacted silt composed of clay, lava particles and sand. The particles of lava protrude from them and would have made a good abrasive against the rock.

Ten Years to Build

Using a combination of the rough mattocks and lava fine tools, Mr. Outwater estimates that it would have taken about one man-hour to remove 750 cubic centimeters of stone. Then, assuming a 10-hour working day and a 300-day working year, he arrived at an estimate of 400 man-years to build the monument of Malinalco, not counting the time needed for painting, tool-making and other extras.

The maximum number of men who could have worked on the mountain shelf without getting in each other's way was probably not more than 50.

So that the building of the great Malinalco monument must have taken a period of about ten years.

Once the cutting of the stone was completed, it would have been necessary to divert the water so that the stone could harden before the elaborate carving was ruined. This was done. Small dams, which are still in place, were installed to make the water flow around the cliff edge and fall into the valley well clear of the work.

All this complicated technique of using water softening as a means for cutting the temple out of a mountain side and carrying the water away again was developed for only one single use. In no other place in Mexico has this peculiar type



ANCIENT INGENUITY—The beautiful mosaic on this ancient temple at Mitla, Mexico, consists of about 300,000 thin, flat stones, although the stone used does not lend itself to splitting as slate does. An American engineer believes the ancients may have softened the rock by soaking it in some unknown chemical until it could be split. This photograph of Mitla is the property of Dr. G. F. Ekholm of the American Museum of Natural History.

CE FIELDS

BIOLOGY

Mating Calls of Frogs Help Evolution Study

➤ THE HI-FI of frog and toad mating calls has shed some light on the origin and evolution of mechanisms that prevent one species from breeding with another species.

Evidence to show this was reported to the American Institute of Biological Sciences meeting in Palo Alto, Calif. by Dr. W. Frank Blair of the University of Texas.

"Sound pictures" of the voices of frogs and toads have shown that differences in their calls is probably a result of natural selection acting against those individuals that make the mistake of mating with the "wrong" species and producing disadapted hybrids.

The differences which prevent interbreeding are known as "isolation mechanisms." The studies by Dr. Blair were directed at finding the differences in voices in groups that were isolated from one another geographically and those that overlapped.

In some instances, Dr. Blair found, the evidence indicates that voices became strongly differentiated, probably by chance, while the populations were geographically separated. When these same populations met up again, they already had marked differences in their mating calls.

In other instances, call differences appear to have been reinforced where the populations came to have overlapping ranges.

Dr. Blair pointed out that some considerations in studying the mating calls of frogs and toads involve temperature, which when higher, tends to increase the pitch and repetition of the mating call. Size also influences the call. Larger toads have lower frequencies and slower pulse rates than do smaller ones.

The squirrel treefrog, *Hyla squirella*, gives one call when it is in the tree and another when it is at water's edge and ready to breed.

Science News Letter, September 14, 1957

SOCIOLOGY

Analyze Childhood Of Criminal Adult

➤ THE CHILD whose behavior problems cause him to be taken to a child guidance clinic is more likely to grow up to be a criminal 30 years later than those who are not problem children.

A follow-up study of 524 adults seen at a child guidance clinic 30 years ago was reported by Drs. Lee N. Robins and Patricia O'Neal of Washington University School of Medicine, St. Louis, to the American Sociological Society meeting in Washington.

When compared with 100 normal controls, these "behavior problems" were found to be more likely to move away from their childhood home, more likely to die a violent

death and more likely to be arrested for crime as adults.

Children who showed neurotic behavior were not as likely to grow up to be criminals, it was found.

Another study reported by Dr. Norman S. Hayner of the University of Washington summarized evidence presented to parole boards that shows that certain crimes are linked with certain personality patterns.

Thus, the "con forger" who has a skilled technique and previous records of the same or a similar offense is likely to have been spoiled as a child. In prison he plays the role of a politician.

The man who writes "bum checks" while he is drunk is often dependent upon others.

The sex offender who is not violent but who "takes liberties" with children does not get along with his wife. He has more interest in religion than other prisoners.

The "heavy," the burglar or armed robber, classes himself with other criminals and tries to be a "right guy" in prison.

The "graduates" who are "promoted" to prison from one or more training schools have the kind of personality known to doctors as "psychopathic."

Science News Letter, September 14, 1957

PSYCHOLOGY

Write, Rather Than Fight, Psychologist Suggests

➤ FEEL LIKE punching someone in the nose?

Don't, he may punch you back. A safer and more profitable outlet for your aggressive desires is to write a book about your personal grievances.

This write-rather-than-fight technique seems to be the formula for many successful mystery writers, concludes Dr. James Howard, University of California at Los Angeles psychologist, himself an author of several best selling mysteries.

Dr. Howard made a study of the relationship of aggressive tendencies among mystery authors and the degree of violence in their books. The research was carried out with the cooperation of the Mystery Writers of America, Inc.

Dr. Howard devised a scale, comparable to a centigrade thermometer, with which he rated the "temperature of violence" in a book. For example, "spitting in the eye" rated 17 on the 1 to 100 scale, whereas firing of multiple shots with intent to kill was 64. Writer's tendencies to personal violence were assessed through standard psychological tests.

A definite correlation was found between personal aggressiveness and the intensity of violence in mystery fiction. The least aggressive persons tended to write the most consistently intense violence, while the aggressive ones were much more variable. Thus the "quiet" writers seemed to use their fiction as an outlet for "pent-up" aggressiveness.

Writers also tended to write of more intense violence under stress from financial or other personal problems. Violence also tended to be more intense in books written in the first person than in those written in third person.

Science News Letter, September 14, 1957

ENTOMOLOGY

Hungry Birds Deceived By Look-Alike Butterflies

➤ A HUNGRY bird will not even touch a nice juicy butterfly if it looks like a bad tasting relative, Jane Van Zandt Brower of Yale University, reports.

Experiments with caged birds and three groups of butterflies, described as models, mimics and non-mimics, showed that mimicry is effective in saving a butterfly's life from a predator bird.

The viceroy butterfly is an example of a mimic. Its orange-brown and black markings make it look very much like its model, the larger monarch butterfly. This similarity apparently protects it. Birds steer clear of the monarch because of its bitter taste, the result of its feeding on milkweed leaves and sap. The bitter taste characterizes both larvae and adult.

The experimental group of four birds refused to eat any of the viceroy butterflies offered when they had first been given monarchs to sample.

In contrast, four control birds, which had no laboratory experience with monarchs, ate the mimics, or viceroys, in 60 out of 100 trials.

The scientist concluded in her report, appearing in *Nature* (Aug. 31), that the significant difference in treatment is due to the fact that the experimental birds had learned to associate color pattern with unpalatability. They apparently were unable to discriminate between the mimic and the model.

Science News Letter, September 14, 1957

TECHNOLOGY

Airborne Tape Recorder "Remembers" Data

➤ THE ELECTRONIC equivalent of "nerves and memory" for experimental aircraft may be the promise of an improved system for gathering flight information from airplane instruments, it was reported to the American Institute of Electrical Engineers meeting in Pasco, Wash.

The heart of the system is a magnetic tape recorder that can "remember" up to 14 different information channels on a one-inch-wide magnetic tape. The recorder reel is 10 inches in diameter and holds 2,500 feet of tape for 32 minutes of recording, reported Alvin I. Morrison of the Electronic Engineering Company of California, which designed the system under a U. S. Air Force contract.

Tiny transistors of silicon, a non-metallic element found in common sand, are used to replace vacuum tubes throughout the data-gathering system to make it rugged and compact.

It can operate in temperatures of minus 67 degrees to 212 degrees Fahrenheit, the temperature of boiling water. Operating at such extremes of temperature is necessary for high speed planes which can become quite hot as a result of air friction at sonic speeds, or which must operate in cold climates.

Science News Letter, September 14, 1957

In Jeffers the will to endure - is
a lack of comprehension of
movement in rest, & the desire
for annihilation is a result of
this same will - which is but
the violence of the mind
fleeing from itself - quite "natural" -
i.e. the worship of nature also -

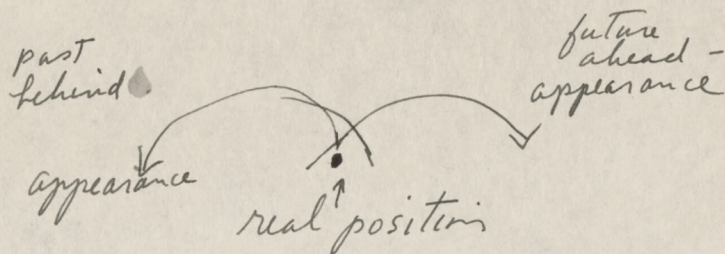
death & life are absolutely
equally right - not one
more than the other -

K. J. reveals the long distance -
the superhuman height -
the possibility of the human

To be master of life is to be without
attachment or frustration -

To lose the self is the goal of life -
and the meaning of love - beauty
& bliss - the greatest miracle of life -

virtue - happiness & freedom -
unity perfect



The self is infinite also -

∴ arduous awareness is always necessary -
 Conscious as well as unconscious -
 Keep awake all the time.

never rest on what you consider
 to be a state of advance -

states tend to reform - + deceit
 + inattention cause disasters

but it is possible to finish
 completely with a thing -

Thus even if the tendency of one's
 original physical + psychological nature
 remains as structure - it will become
 2nd nature only + awareness will liberate the

this awareness is essential to freedom -
 mind + action form its demands -